



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Full Report (All Nutrients) 01128, Egg, whole, cooked, fried

Report Date: July 09, 2017 11:50 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.68 Fat Factor: 9.02 Protein Factor: 4.36 Nitrogen to Protein Conversion Factor: 6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 large 46g
Proximates					
Water	g	69.47	--	--	31.96
Energy	kcal	196	--	--	90
Energy	kJ	821	--	--	378
Protein	g	13.61	--	--	6.26
Total lipid (fat)	g	14.84	--	--	6.83
Ash	g	1.26	--	--	0.58
Carbohydrate, by difference	g	0.83	--	--	0.38
Fiber, total dietary	g	0.0	--	--	0.0
Sugars, total	g	0.40	--	--	0.18
Sucrose	g	0.00	--	--	0.00
Glucose (dextrose)	g	0.40	--	--	0.18
Fructose	g	0.00	--	--	0.00
Lactose	g	0.00	--	--	0.00
Maltose	g	0.00	--	--	0.00
Galactose	g	0.00	--	--	0.00
Minerals					
Calcium, Ca	mg	62	--	--	29
Iron, Fe	mg	1.89	--	--	0.87
Magnesium, Mg	mg	13	--	--	6
Phosphorus, P	mg	215	--	--	99
Potassium, K	mg	152	--	--	70
Sodium, Na	mg	207	--	--	95

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 large 46g
Zinc, Zn	mg	1.39	--	--	0.64
Copper, Cu	mg	0.078	--	--	0.036
Manganese, Mn	mg	0.030	--	--	0.014
Selenium, Se	µg	33.1	--	--	15.2
Fluoride, F	µg	1.2	--	--	0.6
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin	mg	0.044	--	--	0.020
Riboflavin	mg	0.495	--	--	0.228
Niacin	mg	0.082	--	--	0.038
Pantothenic acid	mg	1.660	--	--	0.764
Vitamin B-6	mg	0.184	--	--	0.085
Folate, total	µg	51	--	--	23
Folic acid	µg	0	--	--	0
Folate, food	µg	51	--	--	23
Folate, DFE	µg	51	--	--	23
Choline, total	mg	317.1	--	--	145.9
Betaine	mg	0.3	--	--	0.1
Vitamin B-12	µg	0.97	--	--	0.45
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	219	--	--	101
Retinol	µg	216	--	--	99
Carotene, beta	µg	35	--	--	16
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	10	--	--	5
Vitamin A, IU	IU	787	--	--	362
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	543	--	--	250
Vitamin E (alpha-tocopherol)	mg	1.31	--	--	0.60
Vitamin E, added	mg	0.00	--	--	0.00
Tocopherol, beta	mg	0.02	--	--	0.01
Tocopherol, gamma	mg	0.54	--	--	0.25
Tocopherol, delta	mg	0.06	--	--	0.03

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 large 46g
Vitamin D (D2 + D3)	µg	2.2	--	--	1.0
Vitamin D3 (cholecalciferol)	µg	2.2	--	--	1.0
Vitamin D	IU	88	--	--	40
Vitamin K (phylloquinone)	µg	5.6	--	--	2.6
Lipids					
Fatty acids, total saturated	g	4.323	--	--	1.989
4:0	g	0.004	--	--	0.002
6:0	g	0.000	--	--	0.000
8:0	g	0.004	--	--	0.002
10:0	g	0.006	--	--	0.003
12:0	g	0.000	--	--	0.000
14:0	g	0.047	--	--	0.022
15:0	g	0.009	--	--	0.004
16:0	g	2.954	--	--	1.359
17:0	g	0.023	--	--	0.011
18:0	g	1.268	--	--	0.583
20:0	g	0.003	--	--	0.001
22:0	g	0.005	--	--	0.002
24:0	g	0.000	--	--	0.000
Fatty acids, total monounsaturated	g	6.182	--	--	2.844
14:1	g	0.007	--	--	0.003
15:1	g	0.000	--	--	0.000
16:1 undifferentiated	g	0.228	--	--	0.105
17:1	g	0.013	--	--	0.006
18:1 undifferentiated	g	5.904	--	--	2.716
20:1	g	0.029	--	--	0.013
22:1 undifferentiated	g	0.000	--	--	0.000
24:1 c	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	3.251	--	--	1.495
18:2 undifferentiated	g	2.781	--	--	1.279
18:3 undifferentiated	g	0.137	--	--	0.063
18:4	g	0.000	--	--	0.000
20:2 n-6 c,c	g	0.019	--	--	0.009

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 large 46g
20:3 undifferentiated	g	0.025	--	--	0.012
20:4 undifferentiated	g	0.203	--	--	0.093
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:4	g	0.014	--	--	0.006
22:5 n-3 (DPA)	g	0.007	--	--	0.003
22:6 n-3 (DHA)	g	0.063	--	--	0.029
Fatty acids, total trans	g	0.041	--	--	0.019
Cholesterol	mg	401	--	--	184
Phytosterols	mg	8	--	--	4
Amino Acids					
Tryptophan	g	0.181	--	--	0.083
Threonine	g	0.602	--	--	0.277
Isoleucine	g	0.728	--	--	0.335
Leucine	g	1.177	--	--	0.541
Lysine	g	0.989	--	--	0.455
Methionine	g	0.411	--	--	0.189
Cystine	g	0.294	--	--	0.135
Phenylalanine	g	0.736	--	--	0.339
Tyrosine	g	0.541	--	--	0.249
Valine	g	0.930	--	--	0.428
Arginine	g	0.887	--	--	0.408
Histidine	g	0.335	--	--	0.154
Alanine	g	0.795	--	--	0.366
Aspartic acid	g	1.438	--	--	0.661
Glutamic acid	g	1.817	--	--	0.836
Glycine	g	0.467	--	--	0.215
Proline	g	0.558	--	--	0.257
Serine	g	1.051	--	--	0.483
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0